

# Neuromonics Fitting

## Neuromonics Oasis

### Device Features

Easy to Use

Volume control

Battery charge indicator

Rechargeable battery

Window display

Customized SD Card

Single or Continuous

Listening

### Importance of Customization

- Maximize stimulation of auditory pathways
- Stereo effect
- Accounts for asymmetry in hearing levels
- Allows more relief at a lower listening volume
- Able to use treatment for sleep
- Helps with relaxation.

## 1. Documents & Items Needed at this Appointment

Treatment Protocol: Patient Record

- Neuromonics Fitting Form - For Clinician
- Expectation Questionnaire - For Patient
- Management Questionnaire - For Patient
- Starting the Neuromonics Tinnitus Treatment - For Patient
- Neuromonics Agreement - For Patient (to sign)

Oasis Device Portfolio

- Warranty Registration Card
- User Manual

Neuromonics Clinic Software

- Computer
- USB Infrared (IR) Cable

Patient's Oasis Device - *Charging the device before the patient appointment is recommended.*

## 2. Neuromonics Clinic Software and New Patient Set-Up

- **New Patient Set-Up**
- Plug USB Infrared (IR) into computer
- Open **Neuromonics Clinic Software**
- Enter Password: **"password"**
- Click **OK** or press **ENTER**
- Enter the following: (All information can be found on the "Neuromonics Tinnitus Treatment Processor Installation Sheet", or DID# on back of Oasis Device and PID# on SD Card)



Client ID: **PID** \_\_\_\_\_ First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Processor ID: **DID** \_\_\_\_\_ Processor Password: **new** Phase of Therapy: **1st Phase**

The screenshot shows the 'Neuromonics System' window. It has a 'Client' tab selected. Fields include: Client ID (PID00002), First Name (Demo), Last Name (Device), DOB (1/1/2000), Processor ID (DID04666), Processor Password (###), Phase of Therapy (1st Phase), Min. Volume (10), Compliance Min. Hours (2), and Compliance Max. Hours (4). There is a 'Notes' section at the bottom.

- Click **SAVE**

### **Before Fitting the Oasis Device**

Have the patient complete the following questionnaires just prior to their appointment:

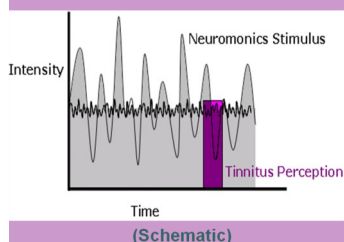
1. Expectations Questionnaire — For Patient  
Review and discuss responses with the patient.
2. Management Questionnaire — For Patient  
Review and discuss responses with the patient

### Stage I

- Designed to provide relief from tinnitus when using the treatment.
- Helps in relaxation
- High level of interaction with tinnitus
- Relief and reduction of tinnitus awareness during listening sessions
- Patient will have relief only while using the device.

### Stimulus

- Signal and music customized to patient's hearing profile
- Customized stimulus "shower sound" is embedded in music
- Two types of music
  - Classical Baroque
  - Contemporary
- Wide frequency response
  - 100 Hz - 12.5 kHz.
- Binaural

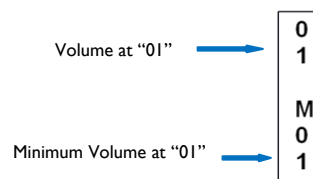


(Schematic)

## 3. Minimum Volume

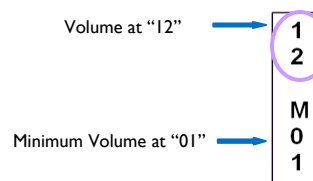
- Remove Oasis device from AC Charger
- Place the earphones on patient.
- Set device to **SHOW VOLUME**
  - With the device off (END), simultaneously press **BEGIN** and **END** for 2 sec.
  - The client name & birth date will appear in the window display
  - Press UP volume (+) and "**SHOW VOLUME**" is displayed in Oasis window
- Press "+" volume to display '01 M01' vertically
- Advance to **TRACK 3** by pressing and holding the **BEGIN** button for 1-2 seconds to advance tracks (or, double tap **BEGIN** button to advance tracks.)

Factory default setting:



### Finding the Patient's Minimum Volume

- Adjust volume up (+) or down (-) until the patient can just hear music (threshold).
- Record the volume number on Neuromonics Fitting Form
  - For example, if the patient volume adjusted to "12", it will appear as:



- Press **END** to turn off and remove Oasis device

## 4. Changing Minimum Volume in the Clinic Software

### Open Neuromonics Clinic Software

- Plug USB infrared (IR) into computer
- Find client name or **SEARCH** for existing client record
- Change Minimum Volume value from "1" to the patient's Minimum Volume #\_\_\_\_
- Check Phase of Therapy set to "**1st Phase**"
- Press **SAVE**



### Oasis Device

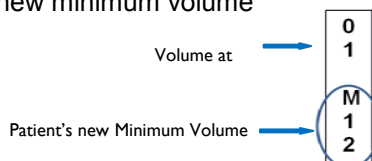
- Remove bottom end cap to expose IR connector & AC Charger port
- Plug AC charger into Oasis device
- With the device off, press **BEGIN** and **END** simultaneously for 2 seconds
  - "No Link" will appear in window display on Oasis device

Position line of site: USB IR device to the IR window on Oasis device

- Click **CONNECT IR**. "IR Link" will appear in window display on Oasis
- Click **DOWNLOAD LOGGED DATA, UPLOAD CLIENT INFO**, then, **SET DATE AND TIME**
  - Click **DISCONNECT IR**, remove AC charger and replace the end cap.

## 5. Verifying the Patient's Minimum Volume

- Set device to **SHOW VOLUME**  
With the device off (END), simultaneously press **BEGIN** and **END** for 2 sec  
Client name & birth date will appear in the window display
- Press UP volume (+) and "**SHOW VOLUME**" is displayed in Oasis window
- Press the **BEGIN** button
- Press "+" volume to display the patient's new minimum volume



## 6. Determine Interaction Level

**Goal:** To achieve high interaction (blending) at a comfortable listening level

- High Interaction Level: M: \_\_\_\_ Volume \_\_\_\_ (record on Neuromonics Fitting Form)  
*Adjust to a comfortable level, where the treatment blends with their tinnitus*
- Degree of interaction (blending) achieved at this level: **Low - Moderate - High - Complete**
- If the interaction level is Low or Moderate, determine if the patient can increase the volume to obtain a higher interaction level, while at a comfortable volume. Volume: \_\_\_\_ (record on Neuromonics Fitting Form)
- Reassess degree of interaction if the volume is adjusted.
- Degree of tinnitus relief at this volume: **Low - Moderate - High - Complete**
- Balance: Stereo Mono

## 7. Device Management

Button & Switch	Begin/Advance (double tap button to advance track) End Volume Up (+) Down (-) Single and Continuous ("Single" automatically shuts off after selected track ends. "Continuous" plays all tracks in a loop.) Lock / Unlock (press & hold volume (+) (-) buttons together for 2 secs.)	
Earphone	Proper connection R/L channels (stereo) charger jack	<b>DO NOT</b> Insert earphone plug into
Insertion of Earphones	Correct Insertion Earphone Options: B&O, Westone N-1	Use and care
Volume Control	Increase volume (+) Avoid counting clicks	Decrease volume (-) Volume resets to default level when off more than 5 minutes
Recharging Device	Charge time: up to 4 hours Battery life: approximately 25 hours of use per charge Device will not operate when connected to the AC charger Green Light Indicator: Light OFF - sufficient charge Light ON - device charging Light Flashing - low charge <b>DO NOT</b> insert AC charger plug into earphone jack	
Time Usage Window Display	Maximum 4 hours of time usage displayed Displays cumulative usage throughout a 24 time period. Resets each day at 3 am Large lines = 1 hour of use Small lines = 15 minutes of use	
Kit and Accessories	SmartWrap Pouch / Case	Neckstrap / Lanyard Spare earpads or eartips
User's Manual	Use and care instructions Operating the device	Troubleshooting Guide

### Usage

- Min. 2-4 hours per day when tinnitus bothersome
- Duration: 6-8 mos. (varies depending on individual)
- Use in small segments of time: 15, 30 or 60 minute time intervals
- "Single" plays selected track then automatically shuts off.
- "Continuous" plays all tracks in a continuous loop until END button pushed.

### Listening Volume

- Set the volume to a comfortable listening level. (never set volume to an uncomfortable listening level)
- Don't be afraid to use more volume if you need it for relief.
- Listening must always be pleasant & relaxing.
- High volumes can take away from the relaxing aspects and can become frustrating.
- Gradually turn down volume a few minutes before ending your treatment session to aid in relief contrast.



### Suitable Activities when using the Treatment

- Office Work
- Reading
- Writing
- Going for a walk
- On the internet
- Hobbies (non-strenuous)
- Traveling as a passenger
- Crosswords
- Work around the house
- Shopping

### Treatment CANNOT be used when

- Driving
- Straining to hear
- Listening to television
- Device may get wet
- Exercising to raise your heart rate.

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## Tinnitus Management and Patient Advice Sheets

Patient may benefit from basic advice and education on any one of the following issues:

- Sleep
- Diet and medication
- Sound Level Exposure
- Medication
- Relaxation, including an explanation of the typical physiological response to relaxation music
- Regular exercise strenuous enough to raise a sweat
- Preventing tinnitus from disrupting activities and lifestyle

The **Clinician's Guidelines CD** includes several Patient Advice Sheets that you might find helpful to provide to your patient during the treatment process. For example, diet and medication can influence tinnitus and sleep. By modifying habits, your patient can take steps to decrease their tinnitus disturbance in addition to Neuromonics Tinnitus Treatment (e.g., reduce coffee intake, modify drinking habits, reduce excessive smoking). Handouts available on the **Clinician's Guidelines CD** include:

- Changing the way you think about tinnitus
- Coping with environmental noises
- Diet and Medication
- Progressive Relaxation Training
- Sleep
- Stress and Relaxation

## Counseling Expectations

**After Fitting**, review and give to patient

Documents located in **Treatment Protocol: Patient Record**

- Starting the Neuromonics Tinnitus Treatment  
Key points when using the treatment
- Expectations of Neuromonics Tinnitus Treatment
- Neuromonics Agreement  
Recommend patient sign Agreement
- Warranty Registration Card (in Patient Information envelope with Oasis device)

## Follow-Up Courtesy Call and Appointments

		<u>Estimated Time</u>
Stage 1	Fitting	45 – 50 minutes
	Courtesy Call (~1 wk)	15 minutes
	Post-Fitting Follow-up (~2 wks)	30 minutes
Stage 2	Transition Appointment (~8 wks)	35 – 45 minutes
	Courtesy Call Transition (~10 wks)	15 minutes
	Post-Fitting Follow-Up (~16 wks)	30 – 35 minutes
Treatment Review	Treatment completion (~26 wks)	35 – 45 minutes